

## Sample Hot Lunch and Supper Menus for CACFP Adult Day Care Centers

This document provides guidance and sample lunch and supper menus for adult day care centers that participate in the U.S. Department of Agriculture's (USDA) CACFP. The specified servings meet or exceed the requirements of the [CACFP Meal Patterns for Adults](#) and are indicated in parentheses after each menu item.

The CACFP lunch meal pattern for adults requires 1 cup of milk (unflavored low-fat (1%), unflavored fat-free, or flavored fat-free); 2 ounces of meat/meat alternates, ½ cup of vegetables, ½ cup of fruits, and two servings of grains. The CACFP supper meal pattern requirements are the same except milk is optional. Vegetables may substitute for the entire fruits component at any lunch or supper.

Each component must provide at least the minimum serving in the CACFP adult meal pattern. Lunch and supper menus may include additional foods or larger servings beyond the minimum requirements. Serve nutrient-dense foods that are appropriate to participants' nutrition needs.



For detailed guidance on the CACFP adult meal patterns, refer to the Connecticut State Department of Education's (CSDE) guide, [Meal Pattern Requirements for CACFP Adult Day Care Centers](#). For additional resources, refer to the CSDE's [Resources for the CACFP Meal Patterns](#) and visit the CSDE's [Meal Patterns for CACFP Adult Care Centers](#) webpage.

### Menu Planning Considerations for Lunch and Supper

Consider the meal pattern requirements and recommendations below when planning CACFP lunch or supper menus. For detailed guidance on crediting foods, refer to the CSDE's [Crediting Summary Charts for CACFP Adult Meal Patterns](#) and visit the CSDE's [Crediting Foods in CACFP Adult Day Care Centers](#) webpage

- **Meat/meat alternates:** The serving refers to the edible portion of cooked lean meat, poultry, or fish as served, e.g., cooked lean meat without bone, breading, binders, extenders, or other ingredients. Nut and seed butters credit by volume (tablespoons) not weight. Yogurt cannot exceed 23 grams of total sugars per 6 ounces (3.83 grams per ounce). Commercial meat products with binders and extenders (such as deli meats, hot dogs, and sausage) and commercial combination foods (such as pizza and chicken nuggets) require a Child Nutrition (CN) label or product formulation statement (PFS) to determine crediting information. For more information on crediting meat/meat alternates, refer to the CSDE's resources, [Crediting Deli Meats in the CACFP](#) and [Crediting Commercial Meat/Meat Alternate Products in the CACFP](#), and visit the "[Meat/Meat Alternates](#)"

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Component” section of the CSDE’s [Crediting Foods in CACFP Child Care Programs](#) webpage. The USDA’s [CACFP Best Practices](#) recommends serving only lean meats, nuts, and legumes; limiting processed meats to one serving per week; and serving only low-fat or reduced-fat natural cheese.

- **Fruits and vegetables:** Before planning juice at lunch or supper, check that the other meals and snacks that same day do not include juice. Pasteurized full-strength juice (including fruit and vegetable juice, frozen pops made from 100 percent juice, pureed fruits and vegetables in smoothies, and juice from canned fruit in 100 percent juice) credits as either the vegetables component or fruits component at only one meal or snack per day. For more information, refer to the CSDE’s resources, [Crediting Juice in the CACFP](#) and [Crediting Smoothies in the CACFP](#). Dried fruit credits as twice the volume served, e.g., ¼ cup of raisins credits as ½ cup of the fruits component. Raw leafy greens such as lettuce or spinach credit as half the volume served, e.g., ½ cup of raw leafy greens credits as ¼ cup of the vegetables component. For more information on crediting fruits and vegetables, visit the “[Fruits Component](#)” section and the “[Vegetables Component](#)” section of the CSDE’s [Crediting Foods in CACFP Adult Day Care Centers](#) webpage.
- **Grains:** Grains must be whole grain, enriched, bran, or germ. At least one serving of grains per day must be whole-grain rich (WGR). The USDA’s [CACFP Best Practices](#) recommends at least two servings of WGR grains per day. Cooked and ready-to-eat (RTE) breakfast cereals cannot exceed 6 grams of sugars per dry ounce. For more information, refer to the CSDE’s resources, [How to Identify Creditable Grains in the CACFP](#), [Crediting Breakfast Cereals in the CACFP](#), [Crediting Whole Grains in the CACFP](#), [Crediting Enriched Grains in the CACFP](#) and [Meeting the Whole Grain-rich Requirement for the CACFP](#). Grains must meet the required weights (groups A-E) or volumes (groups H-I) in [Grain Ounce Equivalents for the CACFP](#) or provide the minimum creditable grains per serving. For more information, refer to the CSDE’s resource, [Calculation Methods for Grain Ounce Equivalents in the CACFP](#). Grain-based desserts (such as cookies, doughnuts, cereal bars, granola bars, pastries, cake, and brownies) do not credit. The CSDE recommends limiting sweet crackers (graham crackers and animal crackers) to no more than twice per week between all meals and snacks. For more information, visit the USDA’s webpage, [Grain-based Desserts in the CACFP](#). For more information on crediting grains, visit the “[Grains Component](#)” section of the CSDE’s [Crediting Foods in CACFP Adult Day Care Centers](#) webpage.
- **Noncreditable foods:** Noncreditable foods cannot be served in place of the required components. Examples of noncreditable foods include potato chips, pudding, ice cream, gelatin, cream cheese, bacon, condiments (e.g., syrup, jam, ketchup, mustard, mayonnaise, and butter), and water. For more information, refer to the CSDE’s resource, [Noncreditable Foods in CACFP Adult Day Care Centers](#).
- **Water:** The USDA recommends serving water when snacks do not include milk or juice. Water does not credit in the CACFP adult meal patterns and cannot be offered in place of the required food components.

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## Crediting Documentation

CACFP adult day care centers must be able to document that lunch and supper menus provide the required food components and quantities. Use the USDA's *Food Buying Guide for Child Nutrition Programs* (FBG) to determine the amount of purchased food that meets the required serving for each meal pattern component. Commercial processed foods not listed in the FBG require a CN label or PFS to document crediting information. For more information, refer to the CSDE's resources, *Using Child Nutrition (CN) Labels in the CACFP*, *Using Product Formulation Statements in the CACFP*, and *Accepting Processed Product Documentation in the CACFP*, and visit the "Crediting Commercial Processed Products" section of the CSDE's *Crediting Foods in CACFP Adult Day Care Centers Programs* webpage.

Foods made from scratch must have a recipe that documents the crediting information per serving. For more information, visit the "Crediting Foods Prepared on Site" section of the CSDE's *Crediting Foods in CACFP Adult Day Care Centers Programs* webpage.

## Abbreviations for Sample Menus

**M** = Milk component

**MMA** = Meat/meat alternates

**V** = Vegetables component

**F** = Fruits component

**G** = Grains component

**WGR** = Whole grain-rich

**VS** = Vegetables substituted for the fruits component

### Not credited

**A** = Additional creditable food (not full serving)

**O** = Other food (noncreditable)

**c** = cup

**Tbsp** = tablespoon

**tsp** = teaspoon

**oz** = ounce

**oz eq** = ounce equivalent

**Note:** The CSDE's sample menus are intended for informational purposes and do not guarantee compliance with the CACFP adult meal patterns. Crediting information for local menus will vary depending on the types of foods purchased by the CACFP adult day care centers, and the recipes and preparation techniques used. CACFP adult day care centers are responsible for ensuring that their menus meet the CACFP adult meal patterns and maintaining appropriate crediting documentation on file (refer to "Crediting Documentation" above).

## Sample Hot Lunch and Supper Menus for CACFP Adult Day Care Centers

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	<b>M</b> 1 cup	Unflavored low-fat milk (1 c)	Unflavored low-fat milk (1 c)	Unflavored low-fat milk (1 c)	Unflavored low-fat milk (1 c)	Unflavored low-fat milk (1 c)
	<b>MMA</b> 2 oz	Macaroni and cheese: Cheddar cheese (2 oz)	Baked ham (2 oz)	Herbed chicken (2 oz cooked chicken)	Black bean soup: Beans (½ c)	Hamburger (2 oz cooked)
	<b>V</b> ½ cup	Tossed salad: Lettuce (1 c) with tomatoes and carrots (¼ c)	Mashed sweet potato (½ c)	Green beans (¼ c) Roasted red potatoes (¼ c)	Spinach salad (1 c) with oranges	Mixed vegetables (½ c)
	<b>F</b> ½ cup	Orange slices (½ c)	Steamed broccoli (½ c) <b>VS</b>	Mixed berries (½ c)	Mandarin oranges (¼ c) Mango slices (¼ c)	Sliced cantaloupe (½ c)
	<b>G</b> 2 oz eq	Enriched macaroni (1 c)	Whole-wheat roll (2 oz) <b>WGR</b>	Brown rice (1 c) <b>WGR</b>	Whole-grain crackers (2 oz) <b>WGR</b>	Whole-wheat bun (2 oz) <b>WGR</b>
	<b>O</b>	Low-fat Italian dressing (1 Tbsp)	Mustard (1 Tbsp)		Low-fat salad dressing (1 Tbsp)	Ketchup or mustard (1 Tbsp)
Week 2	<b>M</b> 1 cup	Unflavored low-fat milk (1 c)	Unflavored low-fat milk (1 c)	Unflavored low-fat milk (1 c)	Unflavored low-fat milk (1 c)	Unflavored low-fat milk (1 c)
	<b>MMA</b> 2 oz	Taco salad: Seasoned ground beef (2 oz cooked) and shredded cheese (½ oz)	Toasted cheese sandwich: Ham (1 oz) and American cheese (1 oz)	Mild vegetable chili: Black beans and kidney beans (½ c)	Baked chicken (2 oz cooked chicken)	Crunchy coated baked fish (2 oz cooked fish)
	<b>V</b> ½ cup	Shredded lettuce (¼ c) Diced tomato (¼ c) Mild veggie salsa (¼ c) Corn niblets (¼ c)	Vegetable soup (¼ c vegetables) Roasted kale (½ c)	Mild vegetable chili: Tomato sauce (¼ c) Baked sweet potato wedges (½ c)	Mashed butternut squash (½ c)	Confetti couscous: Peas and carrots (¼ c) Roasted red potatoes (¼ c)
	<b>F</b> ½ cup	Pineapple chunks (½ c)	Sliced kiwi (½ c)	Watermelon chunks (½ c)	Sugar snap peas (½ c) <b>VS</b>	Steamed broccoli florets (½ c) <b>VS</b>
	<b>G</b> 2 oz eq	Whole-corn tortilla (2 oz) <b>WGR</b>	Whole-wheat bread (2 oz) <b>WGR</b>	Enriched cornbread (1 oz)	Herbed quinoa (½ c) <b>WGR</b>	Confetti couscous: Enriched couscous (1 c)
	<b>O</b>				Low-fat salad dressing (1 Tbsp)	

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Week 3	<b>M</b> 1 cup	Unflavored low-fat milk (1 c)	Unflavored low-fat milk (1 c)	Unflavored low-fat milk (1 c)	Unflavored low-fat milk (1 c)	Unflavored low-fat milk (1 c)
	<b>MMA</b> 2 oz	Cheese quesadilla triangles: Reduced-fat cheese (2 oz)	Roast beef (2 oz cooked)	Lentil soup (½ c lentils)	Chicken veggie stir-fry: Chicken (2 oz cooked)	Spaghetti with meat sauce (2 oz cooked ground beef)
	<b>V</b> ½ cup	Garden salad (1 c) Mild veggie salsa (¼ c)	Mashed potatoes (½ c)	Red and green pepper strips (½ c)	Stir-fry vegetables: Carrots, celery, peppers, broccoli (½ c)	Cucumber-tomato salad (½ c)
	<b>F</b> ½ cup	Mandarin oranges (½ c)	Steamed carrots (½ c) <b>VS</b>	Diced nectarines (½ c)	Pineapple tidbits (½ c)	Sliced fresh pears (½ c)
	<b>G</b> 2 oz eq	Whole-wheat tortilla (2 oz) <b>WGR</b>	Enriched golden cornbread (4 oz)	Whole-grain crackers (2 oz) <b>WGR</b>	Brown rice (1 c) <b>WGR</b>	Whole-wheat spaghetti (1 c) <b>WGR</b>
	<b>O</b>	Low-fat salad dressing (1 Tbsp)	Gravy (1 Tbsp)			Grated parmesan cheese (1 Tbsp)
Week 4	<b>M</b> 1 cup	Unflavored low-fat milk (1 c)	Unflavored low-fat milk (1 c)	Unflavored low-fat milk (1 c)	Unflavored low-fat milk (1 c)	Unflavored low-fat milk (1 c)
	<b>MMA</b> 2 oz	Toasted ham (1 oz) and cheese (1 oz) sandwich	Chicken enchilada: Cooked chicken (2 oz) and cheese (⅛ oz)	Broccoli quiche: Egg (½ large) and Swiss cheese (1 oz)	Roast turkey (2 oz)	English muffin pizza: Low-fat mozzarella cheese (2 oz)
	<b>V</b> ½ cup	Vegetable soup (¼ c vegetables) Sweet potato wedges (½ c)	Mashed avocado (½ c) Mild veggie salsa (¼ c)	Broccoli (½ c)	Green peas (½ c)	Salad greens (1 c) Pizza sauce (¼ c)
	<b>F</b> ½ cup	Sliced kiwi (½ c)	Cucumber salad (½ c) <b>VS</b>	Sliced strawberries (½ c)	Mashed sweet potatoes (½ c) <b>VS</b>	Fruit salad: Apples, grapes, pineapple and blueberries (½ c)
	<b>G</b> 2 oz eq	Whole-wheat bread (2 oz) <b>WGR</b>	Whole-corn tortilla (1 oz) <b>WGR</b> Enriched Spanish rice (½ c rice)	Enriched crust (1 oz) Whole-wheat roll (1 oz) <b>WGR</b>	Stuffing: Whole-grain bread (2 oz) <b>WGR</b>	Whole-grain English muffin (2 oz) <b>WGR</b>
	<b>O</b>				Gravy (1 Tbsp) Cranberry sauce (¼ c)	Low-fat Italian dressing (1 Tbsp)

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		Monday	Tuesday	Wednesday	Thursday	Friday
Week 5	<b>M</b> 1 cup	Unflavored low-fat milk (1 c)	Unflavored low-fat milk (1 c)	Unflavored low-fat milk (1 c)	Unflavored low-fat milk (1 c)	Unflavored low-fat milk (1 c)
	<b>MMA</b> 2 oz	Oven-fried chicken (2 oz cooked chicken)	Red beans and rice: Red beans (½ c)	Meatloaf (2 oz cooked ground beef)	Barbecued pork (2 oz cooked pork)	Fish taco: Cooked fish (2 oz) and shredded cheese (¼ oz)
	<b>V</b> ½ cup	Roasted rosemary potatoes (½ c)	Mixed garden salad: Lettuce (½ c) with carrots, tomatoes, and cucumbers (⅛ c)	Green beans (¼ c) Orange-glazed carrots (¼ c)	Corn niblets (¼ c) Snap peas (¼ c)	Shredded lettuce (1 c) Diced tomato (¼ c)
	<b>F</b> ½ cup	Green peas (½ c)	Sliced mangos (½ c)	Red apple slices (½ c)	Green grapes (½ c)	Fresh plum (½ c)
	<b>G</b> 2 oz eq	Quinoa pilaf (1 c) <b>WGR</b>	Enriched white rice (1 c)	Enriched egg noodles (½ c) Whole-grain roll <b>WGR</b> (1 oz)	Toasted whole-wheat bun (2 oz) <b>WGR</b>	Whole-wheat tortilla (2 oz) <b>WGR</b>
	<b>O</b>		Low-fat dressing (1 Tbsp)	Ketchup (1 Tbsp)		
Week 6	<b>M</b> 1 cup	Unflavored low-fat milk (1 c)	Unflavored low-fat milk (1 c)	Unflavored low-fat milk (1 c)	Unflavored low-fat milk (1 c)	Unflavored low-fat milk (1 c)
	<b>MMA</b> 2 oz	Beef stew (2 oz cooked beef)	Barbecue chicken (2 oz cooked)	Veggie pizza: Mozzarella cheese (2 oz)	Tuna noodle casserole: Tuna (2 oz)	Turkey sloppy joe: Cooked ground turkey (2 oz)
	<b>V</b> ½ cup	Vegetables in stew (½ c)	Butternut squash (½ c)	Vegetables on pizza: Tomatoes, green peppers, mushrooms (¼ c) Carrot sticks (½ c)	Peas and carrots (¼ c) Steamed broccoli (½ c)	Red cabbage slaw (¼ c cabbage and carrots) Steamed edamame (¼ c)
	<b>F</b> ½ cup	Applesauce (½ c)	Fresh peach slices (½ c)	Mixed baby greens (1 c) <b>VS</b>	Watermelon (½ c)	Honeydew cubes (½ c)
	<b>G</b> 2 oz eq	Brown rice (½ c) <b>WGR</b> Enriched dinner roll (1 oz)	Bulgar pilaf (1 c) <b>WGR</b>	Enriched pizza crust (2 oz)	Enriched egg noodles (½ c) Whole-grain roll (1 oz) <b>WGR</b>	Toasted whole-wheat bun (2 oz) <b>WGR</b>
	<b>O</b>			Low-fat salad dressing (1 Tbsp)		Low-fat salad dressing (1 Tbsp)

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## Resources

CACFP Meal Patterns for Adults (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/AdultmealpatternCACFP.pdf>

Crediting Foods in CACFP Adult Day Care Centers (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Adult-Day-Care-Centers>

Crediting Summary Charts for the CACFP Adult Meal Patterns (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Crediting\\_Summary\\_Charts\\_CACFP\\_Adults.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Crediting_Summary_Charts_CACFP_Adults.pdf)

Meal Pattern Requirements for CACFP Adult Day Care Centers (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/GuideCACFPMealPatternsAdults.pdf>

Meal Patterns for CACFP Adult Care Centers (CSDE webpage)

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Adult-Centers>

Menu Planning Basics: A Guide for CACFP Operators in Child Care (Institute of Child Nutrition):

<https://theicn.org/icn-resources-a-z/menu-planning-basics-cacfp>

Menu Planning for CACFP Adult Day Care Centers (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Adult-Centers/Related-Resources#MenuPlanning>

Recipes for Child Nutrition Programs (CSDE's Meal Patterns for CACFP Child Care Programs webpage):

<https://portal.ct.gov/SDE/Nutrition/Menu-Planning#Recipes>

Resource List for Menu Planning and Food Production for Child Nutrition Programs (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/Resources/ResourcesMenuPlanning.pdf>

Resources for the CACFP Meal Patterns (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/ResourcesCACFPMealPattern.pdf>

Serving Snacks in the CACFP (USDA):

<https://www.fns.usda.gov/tn/serving-snacks-cacfp>

Snack Inspiration (Wisconsin Department of Public Instruction):

[https://dpi.wi.gov/sites/default/files/imce/community-nutrition/pdf/snack\\_inspiration.pdf](https://dpi.wi.gov/sites/default/files/imce/community-nutrition/pdf/snack_inspiration.pdf)

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For more information on the CACFP adult meal patterns, refer to the CSDE's guide, *Meal Pattern Requirements for CACFP Adult Day Care Centers*, and visit the CSDE's [Meal Patterns for CACFP Adult Day Care Centers](#) and [Crediting Foods in CACFP Adult Day Care Centers](#) webpages, or contact the [CACFP staff](#) in the CSDE's Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at <https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/AdultMenuLunchHot.pdf>.

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